

# Think you have influenza?

▶ **STAY HOME** until your fever is gone.

Most people with influenza get better on their own, without any medical treatment.

**No need to go to the hospital.**

▶ Some people are more likely to become very sick with influenza.

**CALL YOUR DOCTOR** right away if you have a fever with cough or sore throat, and you are in one of these groups:

- Have diabetes, asthma, heart disease, weakened immune system or other chronic health condition
- Pregnant
- Gave birth, or had a miscarriage or abortion in the previous 2 weeks
- Under age 2
- Age 65 or older
- Under age 19 and taking long-term aspirin therapy

Call 311 if you don't have a doctor.

**No need to go to the hospital.**

▶ **IN AN EMERGENCY**

- Trouble breathing
- Chest pain
- Feeling faint

**Go to the hospital or call 911.**